

The latest updates from Chrisp Street Health Centre

What's New?

- Farhana Hussain joined our Practice as a Pharmacist in September 2018. She is working 4 days a week (Tuesday – Friday). Farhana has telephone appointments as well as face to face appointments and looks forward to meeting our patients. Farhana has previous experience in dealing with minor ailments and long term conditions such as diabetes, asthma, COPD, hypertension. Farhana can help you with medication queries and reviews, especially if your medication was updated in a hospital or in another health care organisation.
- We now have a regular advocacy service in our Practice:
 - Monday-Friday for Bengali speaking patients
 - Tuesday for Somali speaking patients.
- Dr Twist is coming back in February 2019 after a long break.



Do not forget!

- **We have flu appointments available every day.** Book yours today – do not delay! Call us on [020 7515 4860](tel:02075154860) or book online at www.chrispstreet.org. REMEMBER THAT THE VACCINE DOES NOT GIVE YOU THE FLU. DO NOT ASSUME THAT YOU ARE STILL PROTECTED JUST BECAUSE YOU HAD THE FLU VACCINE LAST YEAR.
- **When the surgery is closed**, call NHS Direct on [111](tel:111), which is available 24/7, and speak to a member of their team for a health advice.
- **The Tower Hamlets Extended GP Access Hubs** offer valuable local GP & Nurse appointments on weekday evenings and weekends. These appointments are held at nearby locations including Poplar, Bow, Isle of Dogs, Bethnal Green and Old Street. If you want to book a hub appointment, call our mainline number: [0207 515 4860](tel:02075154860).
- **Your surgery – your views! Get involved – have your say – make a difference! Our Patient Group Meetings** are held regularly in the Practice – new members always welcome! The next PPG meeting will be a family event led by Sandra, our Patient Group Chair. More info to follow! If you are interested in getting involved, contact Sandra: ppgcshc@gmail.com

Patient Access

Register online to:

- Get your test results
- View your medical records and consultations
- Book or cancel appointments
- Order your repeat prescriptions.

Just ask at reception for more information or visit our website

www.chrispstreet.org



Repeat Prescriptions

We are phasing out paper prescriptions from **January 2019**. Give us details of your preferred pharmacy and our clinicians will send all your prescriptions there electronically.



Nominate a pharmacy today! As well as making your life easier, you will help save some trees!

Consult your GP Online

Whether the practice is open or closed, you can consult with us online and receive healthcare advice for any minor ailments by the end of the next working day.



You must be 18 + and registered with us to use this service!

Useful Contact Details

- NHS out of hours service line – call **111**
- Emergency dental line – **020 3594 0938; 0207 767 3203**
- Citizens Advice Bureau – **0207 247 1050**
- Tower Hamlets 24 hour Mental Health Crisis Helpline – **0207 771 5807**
- Sexual health advice and support – www.allest.nhs.uk; www.booking.allest.nhs.uk (for sexual health test results, call **020 3465 7960**. You will need your clinic ID number and your date of birth in 6 digits format.



Contact details for sexual health centres:

- Ambrose King Centre, Royal London Hospital – **020 7377 7306 or 020 7377 7307**
- Sir Ludwig Guttman health and wellbeing centre – **020 8496 7237**
- Sylvia Pankhurst Centre, Mile End Hospital – **0300 033 5000**
- Graham Hayton Unit, Royal London Hospital – **020 7377 7080** (this is for HIV queries only).

We receive many calls for treating minor eye injuries. You can refer yourself to the following minor eye condition service centres (MECS) in Tower Hamlets – all accessible from **30 January 2019**:

Area	Practice	Address	MECS Clinic Hours	Telephone
E2	Specsavers Bethnal Green	Unit 1, 409 Bethnal Green Road, E2 0AN	Mon, Tu, Fri, Sat – 9am-6pm Weds – 10am-6pm Thu – 9am-7pm Sun – 10am-5pm	020 7324 7520
E1	In Focus Optics Cannon Street Road	149 Cannon St Road, E1 2LX	Mon-Wed – 10am-6pm Fri – 3pm-7pm Sat – 10am-6pm	020 7488 4523
E1	In Focus Optics White Horse Lane	94 White Horse Lane, E1 4LR	Mon, Tue – 10am-6pm Fri – 3pm-7pm	020 7791 0692
E14	In Focus Optics Poplar	Unit 1, 223 East India Dock Road E14 0ED	Tues & Sat – 10am-6pm <small>*Please call for availability, as additional appointment times can be arranged</small>	020 7987 2364
E14	Boots Canary Wharf	Jubilee Place, 45 Bank St, Canary Wharf, London E14 5NY	Mon, Wed, Thu – 8.30am-7.30pm	0345 125 3758
E3	Scrivens Opticians	531 Roman Road, E3 5EL	Mon-Fri – 9am-5:30pm Sat – 9am-5pm	020 8980 5053

Eye Conditions Which Can Be Treated by MECS

The service is designed for recently occurring medical eye conditions such as:

- Red eye(s)
- Significant recent discharge from or watering from the eye
- Mild trauma, for example a scratch to the outer surface of the eye(s) or lid(s)
- Suspected foreign body in the eye
- Mild pain and/or discomfort in the eyes

Eye Conditions that Cannot be Treated by MECS

Go directly to A&E if you have:

- Sudden loss of vision in one or both eyes
- Considerable eye pain or trauma
- Chemical injuries or burns
- Recent eye surgery



For more information visit: www.elcloc.org

Appointment Times



Monday – 8:30am-6:30pm
Tuesday – 8:30am-6:30pm
Wednesday – 8:30am-7:30pm*
Thursday – 8:30am-7:30pm*
Friday – 8:30am-6:30pm
Saturday – 9:00am-12:00pm*

Switchboard:
Monday-Friday: 8:30am-6:30pm
We are Closed on Fridays between 1-2pm
*Selected weeks – ask at reception.

Closures in 2019



Chrisp Street Health Centre is closed for services on the following public holidays: 19 & 22 April, 6 & 27 May, 26 August, 25 & 26 December. Call NHS 11 at these times. Thank you!